Did you know? May is Older Americans Month! Every May, the Administration on Aging leads our nation's observance of this celebratory month. The 2019 theme is “Connect, Create, Contribute”. This theme encourages older adults to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

This month the Culver City Senior Center will be full of activities as we celebrate our special month & remember no matter where you are in your life, there is no better time than now to try something new. Information about all of our programs can be found here: [https://www.culvercity.org/.../communit.../adult-senior-services](https://www.culvercity.org/.../communit.../adult-senior-services)

As part of Older Americans Month we are honoring our Senior of The Year Dr. Jay Shery. Congratulations Dr. Shery! Dr. Jay Shery began his education in East Orange, New Jersey where he earned his Bachelor of Science in Biology from Upsala College, in 1977. He continued to study medicine at the University of Rome and Cetec University Medical School, in Santo Domingo, Dominican Republic, ultimately earning his Doctor of Medicine, in 1982. By 1984, he was enrolled in the Los Angeles School of Chiropractic, where he was named to Delta Sigma, Honorary Scholastic Society of the Healing Arts. Upon graduation, Dr. Jay Shery opened his first chiropractic office in Burbank, CA, at Media District Chiropractic.

In 1991, Dr. Jay Shery relocated his chiropractic office to Culver City, CA, and has been an active member in the Culver City community ever since. He joined the Exchange club in 1992, and has served twice as Club President, on the Board of Directors for 16 years, and President of the Charitable Foundation since 2004. As President of the Charitable Foundation, Dr. Jay Shery was responsible for raising funds to support the Child Abuse Prevention Center, the Culver City Youth Health Center, Culver Palms YMCA, and Culver City High School Community Scholarship program, through activities such as the Culver City Car Show and the annual 4th of July Fireworks Show.

Dr. Jay Shery was appointed to the Culver City Disability Advisory Committee in 2002, and has served as Chairman continuously since 2004. Through his involvement with the DAV, Dr. Jay Shery was one of the initial organizers of the “Kids Carnival”, serving children with disabilities and their families, in the Culver City Community.

Dr. Jay Shery gives generously of his time to his two chosen professions, serving on the board of Directors and as Secretary of the California Chiropractic Association, and as a Temporary Judge for the Superior Court of Los Angeles County. Dr. Jay Shery exemplifies his belief that in order to be successful and fulfilled, one must give back to
the community, without expectation; continually seeking new projects and challenges and inspiring others with his hard work and dedication.

Dr. Jay Sherry is a model example of an outstanding community volunteer and the City of Culver City is pleased to recognize him as our 2019 “Senior of the Year” and our honoree at the Annual Older Americans Recognition Day Awards Program at the Dorothy Chamber Pavilion on May 23rd. Dr. Jay Shery will also receive a commendation from the City of Culver City at the Council Meeting on May 13th and will be our guest of honor at the Older Americans Month Party on May 24th.

Thank you, Dr. Jay Shery, for all your hard work and for sharing your time with Culver City!